

LIVE'LY Weekly A la Carte MENU

NAME: _____

Mobile No: _____

BRANCH: Mirdiff _____; Al Wasl _____; Abu Dhabi _____

SEND BEFORE
TUESDAY
JAN 5 2021


Week 799		SUNDAY 10-Jan-21	MONDAY 11-Jan-21	TUESDAY 12-Jan-21	WEDNESDAY 13-Jan-21	THURSDAY 14-Jan-21	FRIDAY 15-Jan-21	SATURDAY 16-Jan-21
BREAKFAST								
AM Delivery: Start with lunch and keep breakfast for the following day								
Daily Low Fat Milk or Yoghurt(Plain or Fruit)								
		Honey & Toast	Peanut Butter & Toast	Pancakes & Jam	Special K Cereal	Pain Au Chocolat (Chocolate Croissant)	Honey & Toast	Branflakes Cereal
		Labneh with Olives & Arabic Bread	Halloumi Cheese S/W	Manaesh Cheese	Labneh with Mint & Arabic Bread	Feta Cheese with Zaatar & Protein Bread	Foul Modammas & Arabic Bread	Feta Cheese & Toast
		<i>A la Carte Breakfast</i>	<i>A la Carte Breakfast</i>	<i>A la Carte Breakfast</i>	<i>A la Carte Breakfast</i>	<i>A la Carte Breakfast</i>	<i>A la Carte Breakfast</i>	<i>A la Carte Breakfast</i>
		Daily Fresh Fruits + Low Fat Milk or Yoghurt(Plain or Fruit) (Adjustable)						
LUNCH								
Appetizer	1	Season Salad	Mixed Cabbage Coleslaw	Mixed Salad with Dates & Pine Nuts	Mixed Greens with Feta & Raisins	Fattoush	Assorted Lettuce with Carrots	Broccoli Slaw
	2	Hummus B' Tahini	Curried Veggies	Beetroot Moutabbal	Eggplant Moutabbal	Sautéed Veggies	Baba Ghannouj	Grilled Squash with Tahini Sauce
	3	Potato with Garlic & Coriander	Roca, Corn & Lettuce Salad	Marinated Artichoke Hearts	Caesar Salad	Mushrooms & Lentils Goat Cheese Salad	Sautéed Spinach with Lemon	Laban Salad
	4 - A la Carte	<i>A la Carte Appetizer</i>	<i>A la Carte Appetizer</i>	<i>A la Carte Appetizer</i>	<i>A la Carte Appetizer</i>	<i>A la Carte Appetizer</i>	<i>A la Carte Appetizer</i>	<i>A la Carte Appetizer</i>
Lunch Main Dish	1	Kafta Khashkhash with Tomato Garlic Sauce & Rice	Chicken Kabseh	Sheikh el Mahshi (Eggplant with Minced Meat in Yoghurt Sauce) & Rice	Baked Fish with Tahini Sauce & Potato	Sweet Potato & Chicken Curry with Chickpeas & Rice	Arabic Style Baked Fish with Cumin & Potato	Moroccan Couscous with Meat & Veggies
	2	Greek Chicken Capsicum & Tortilla	Onion Crusted Fish Escalope w/ Roasted Corn & Peppers	Colorful Chicken Pizza	Beef Stroganoff with Rice	Baked Zitty Pasta with Beef & Tomato & Cheese	Chicken Ragù with Olives & Rice	Baked Chicken in Mushroom Sauce & Pasta
	3 - Vegetarian	Vegetarian Mediterranean Stew with Pesto & Ciabatta	Moroccan Seven Vegetable Stew & Couscous	Vegetable & Lentil Curry with Turmeric Rice	Roasted Vegetable Cannelloni with Béchamel Sauce	Koshari (Rice with Lentils & Elbow Pasta)	Turkish Aubergine Pilaf	Pav Bhaji (Potato, Cauliflower & Peas Indian Style) & Bread
	4 - Subzzz OR Salads	Zesty Tuna & Artichoke Ciabatta with Olives	Italian Cheese Beef Steak Sub with Marinara Sauce	Mufuletta Cold Cuts S/W	Caribbean Chicken Salad with Pineapple & Toasted Tortilla	Chicken, Mushroom Pesto Wrap	Beef Kraftcorn Burger with Corn Relish	Pesto Veggies Herbed Ciabatta
	5 - Gourmet	Baked Fish with Spicy Herb Sauce & Potato	Kebbeh Aranabiyeh with Rice	Shrimp Dhania Masala (with Coriander) & Rice	Lemon Chicken with Couscous with Sautéed Balsamic Mushrooms	Baked Fish with Salsa Verde & Potato	Beef Steak with Pepper Sauce & Potato	Shrimps with Tomato, Basil & Cumin with Rice
	6 - A la Carte	<i>A la Carte Main Lunch</i>	<i>A la Carte Main Lunch</i>	<i>A la Carte Main Lunch</i>	<i>A la Carte Main Lunch</i>	<i>A la Carte Main Lunch</i>	<i>A la Carte Main Lunch</i>	<i>A la Carte Main Lunch</i>
PM Snack	Oriental Dessert	Dates Makroota	Rice Pudding	Maamoul Madd Dates	Konafa Cheese	Moroccan Rounds with Prunes	Bassbousa	Karabeej Pistachio
	Int'l Dessert	Lazzy Cake with Dried Fruits	Ginger Cake with Tea	Live'ly Raspberry Tiramisu	Chocolate Coated Biscuits	Vanilla Chocolate Custard	Chocolate Muffin	Blueberry Cake
	Low GI	Roasted Almonds	Peanut Butter & Banana	Minted Labneh with Chopped Veggies	Roasted Peanuts	Hummus B' Tahini & Chopped Veggies	Peanut Butter & Banana	Hi Protein Snack Bar
DINNER								
Dinner Main Dish	1	Cheese Salad with Grapes & Walnuts & Protein Bread	Spaghetti & Tuna Nicoise Salad	Sumac Flavored Chicken Salad with Protein Bread	Cold Cuts Chef's Salad with Protein Bread	Steak Salad with Pesto Vinaigrette & Protein Bread	Dijon Chicken Salad with Protein Bread	Mixed Beans Salad with Tomato & Olives
	Select SOUP or SALAD with choices 2,3,4,5	Garden Salad	Greek Salad	Beets Salad	Cabbage, Cucumber Tomato Salad	Mixed Beans Salad	Corn Salad	Season Salad
		Tomato Parsley Soup	Minestrone Soup	Carrot Cauliflower Soup	Black Lentils Soup	Curried Veg Soup	Carrot Ginger Soup	Tom Basil Soup
	2 - Vegetarian	Linguine with Green Olives & Capers	Roasted Veggies with Creamy Pesto & Multiseeds Bread	Halloumi S/W with Red Pesto	Foul Modammas & Arabic Bread	Cheese & Herbs Fatayer	Okra B' Zeit with Arabic Bread	Mushroom Rice
	3	Spiced Indian Roast Potato with Chicken & Raita	KEFTADAS (Greek Kafta S/W)	Mushroom Salsa Beef Chili with Toasted Tortilla	Chicken Burger S/W	Grilled Fish with Potato with Garlic & Coriander	Roast Beef Cold Cuts S/W	Zesty Grilled Chicken with Veggies & Bread
	4 - Gourmet	Beef Escalope with Veggies & Bread	Spanish Omelet with Bread Roll	Spaghetti with Chili, Lemon & Olives	Beef Steak S/W with Salsa Verde	Mediterranean Chicken S/W	Assorted Manaesh	Feta Cheese & Olives S/W
5 - A la Carte	<i>A la Carte Dinner</i>	<i>A la Carte Dinner</i>	<i>A la Carte Dinner</i>	<i>A la Carte Dinner</i>	<i>A la Carte Dinner</i>	<i>A la Carte Dinner</i>	<i>A la Carte Dinner</i>	

NEW

Refer to
the
"A la
Carte
Menu"
for more
options

Please send your choices maximum by Tuesday JAN 5 with the driver, by fax or by E-mail. In case you're late sending your choices, the Cuisine Dietician will select your choices which might not always satisfy your taste.

Calendar
Week 2/21

 New on Menu
: Spicy Hot Food

Phone: +971-4-3481008; Mobile: +971-55-3481008; Fax: +971-4-3481006; E-mail: info@lively.ae For online menu selection: visit www.lively.ae

BON APPETIT !

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